The Role of Almonds in Sports Recovery

Simone Austin
Simone Austin is an accredited sports dietitian with over 20 years experience. Simone has spoken at many corporate events and conferences on health including Sports Medicine’s Australia, Sports Dietitians Australia, the Exercise Sports Science Australia conference, and the AFL Grand Final Medical Symposium.

Having seen the Hawthorn AFL Football Club through three consecutive Grand Final wins, her success as a Dietitian speaks for itself.

She has previously worked with many other elite men’s sporting teams, the Australian Men’s Cricket Team through their very successful period of the early 2000s, Melbourne City A League, Western Bulldogs AFL, Melbourne Storm Rugby League club & the Melbourne Rebels Rugby Union club. She consults privately to the general public and other elite & sub elite athletes.

She is the president of Sports Dietitians Australia and a media spokesperson for the Dietitians Association of Australia having presented on radio, television and written numerous newspaper, magazine and online articles.

Simone works at Swisse Wellness part time having assisted with development of the sports nutrition range and has an interest in the regulations around nutrition products. Providing practical nutrition advice that turns the science of nutrition into achievable and enjoyable dietary intakes is the goal to Simone’s dietetic practice.
The Role of Almonds in Sports Recovery
Goals of Recovery Nutrition

- Refuel & Rehydrate
- Promote muscle repair & growth
- Support immune function

- Vary:
  - Duration, intensity
  - Body composition goals,
  - When next session is
Changes in Recovery Nutrition

• Carbohydrate  Low fat  Rehydrate
  – Sports drinks
  – Lollies, White bread sandwiches
Recovery Now

• Protein
  • 20g-30g per serve, – milk, powders, vegan sources
  • 50g serve almonds= 10g protein

• Carbohydrate
  • More nutritious choices- wholegrain breads, fruit
  • Less ‘empty calorie’ ‘sugary’ choices

• Good fats acceptable
  • Mono & polyunsaturated- ? Anti inflammatory benefits
Recovery Now

• Fluid
  • More water
  • Electrolytes
    • oral rehydration fluids,
    • less sports drink
    • Almonds contain phosphorus, calcium, magnesium, manganese, copper, iron (lots of these lost in sweat)
  • Salted nuts
  • Not over hydrating
Protein & Recovery

• For Muscle repair & growth
  – 20g-30g protein within 1 hr post
  – Increased protein within next 24hrs
  – Before bed protein may be beneficial

• Combine almonds with other protein sources
  – Glass of milk & 50g almonds (9g + 10g= 19g protein)
  – Cheese sandwich & 50g almonds (13g + 10g protein)
Protein Requirements with Age

Recommended dietary intake

Protein Recommended Dietary Intake (RDI)

- 0.8-1.0g sedentary adult
- 1.0-1.7g athletes
- 1.8g older person?
  - Due to needing more leucine?
Almonds Nutrients

- Protein 20g/100g
- Monounsaturated fats 55g/100g
- Dietary Fibre 8.8g/100g
- Minerals
  - potassium, magnesium, phosphorus, iron, calcium
- Vitamins
  - B group riboflavin
Recovery Nutrition Hawk style!

- Post training day & post training training
Thank you

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